

DESERT AIRMAN

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Davis-Monthan Air Force Base, Ariz.

Friday, Oct. 28, 2005



Photo by Airman 1st Class Christina Ponte

All suited up ...

Senior Airman Travis Eygabroad makes sure equipment is properly secured on Senior Airman Andrew LeBeau, as he prepares to respond to a real-world situation involving a suspicious package at the base post office. Both Airmen are assigned to the 355th Civil Engineer Squadron and are Explosive Ordnance Disposal technicians. For more information, see **EOD proves 'Big Bang' theory not all it's cracked up to be, Page 3.**

D-M receives \$50,000 to better QOL

By 1st Lt. Beth Tucker
355th Wing Public Affairs

The trend of excellence and receiving honors continues for the Desert Lightning team.

ACC announced the comand-level winner of the 2005 Commander in Chief Installation Excellence Award Oct. 21 at the Air Combat Command Commanders and Spouses Conference at Langley Air Force Base, Va.

After the evaluation team's visit here Oct. 14, Davis-Monthan was ranked second, with Cannon Air Force Base, N.M., receiving top honors for the second year in a row.

In September, D-M submitted the award package representing the D-M team to compete against all Air Combat Command bases. The evaluation team chose D-M and Cannon as the top two.

Col. Michael Spencer, 355th Wing commander, said he was honored that Davis-Monthan was

See **QOL**, Page 3

BEAR DOWN!

Airmen will attend Wildcat's football game for \$10 Nov. 5

By 1st Lt. Beth Tucker
355th Wing Public Affairs

Airmen at Davis-Monthan are invited to cheer for the University of Arizona's Wildcat football game Nov. 5 during the team's match against the University of California, Los Angeles Bruins for Military Appreciation Day.

For \$10 Airmen will get one game ticket with seats in the D-M seating

block, a U of A/DM 50 Wildcat baseball hat, one admission to the special D-M tailgate party with free food and beverages and a free beverage and peanuts at one of the Arizona Stadium concession stands during the game.

"This is a great opportunity for Airmen and their families to attend a game and support the local team," said Heike Smith, 355th Wing chief of protocol and Davis-Monthan co-

ordinator for this event.

The \$10 package is a great deal compared to the regular prices, Mrs. Smith said. Wildcat fans normally pay \$60 per person for all of the items included in the package. The DM 50 has worked with many organizations to make this event monetarily possible. Many organizations donated in excess of \$2,500.

The DM 50, a Tucson civic leader group that provides support to Air-

men, are showing their appreciation of service in the United States military.

"I cannot tell you how strongly the DM 50 feels for Davis-Monthan base personnel and what they do for our nation and the Tucson community," said Bob Logan, a DM 50 member.

"By giving the D-M base personnel an opportunity to come down to

See **Tailgate**, Page 8

The Davis-Monthan Air Force Base timeline of hours as of Monday

Squadron	Required	Flown	Annual	Squadron	Required	Flown	Annual
41st ECS	145.0	64.7	1,590.0	162nd OSB	72.7	72.7	2,135.0
43rd ECS	143.0	79.3	1,398.0	354th FS	1,181.3	159.7	8,942.0
55th RQS	267.0	160.1	2,880.0	357th FS	838.2	622.5	8,998.0
79th RQS	165.0	111.7	1,845.0	358th FS	2,064.2	573.6	9,134.0

Trick-or-treating hours on base

Halloween trick-or-treating hours on base Monday are from 5:30 to 8 p.m. For more information on how to stay safe Monday or to find out where to volunteer for Pumpkin Patrol, see **Davis-Monthan's Pumpkin Patrol, safety office help keep kids safe, Page 4.**

Equipment at fitness centers

Question: It seems like every time I go into either one of the fitness centers, there is another cardio machine broken. I know there is a lot more use of the machines than they are intended to take, but has someone looked at getting a contract that reflects the usage so the equipment is more reliable?

Response: Thank you for allowing us the opportunity to address your concerns. We understand how frustrating it can be when you attempt to use equipment and find it is in need of repair.

To answer your question, yes. The fitness centers have just begun a new contract for Fiscal 2006 that takes into consideration the increased usage of the machines. This should minimize equipment downtime in the future.

At the end of the Fiscal 2005 fitness centers received additional funds to purchase repair parts as well as new machines, so we are off to a good start to eradicate this problem for the future.

Every user of the fitness center plays a role in the up-keep of the equipment. Please be mindful

of soiled shoes with dirt and rocks as they get into the equipment causing additional wear, tear and damage to the motors.

The current policy for the machines during peak hours is a 30-minute time limit with active-duty personnel having priority.

Wiping down the equipment after use is appreciated by the next person who uses it.

Supporting each other and working together to provide the best programs and services is a goal for all D-M people. Ideas, suggestions, comments, concerns and kudos are important to make improvements. The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional managers listed here.

Still no solution? The Commander's Corner phone line is 228-4747. An e-mail can also be sent to: 355thWing.CommandersCorner@dm.af.mil. Callers must leave their name, phone number and a message. They will receive a reply in writing or by telephone. We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information.

*If a concern is of general interest to the base populace, the response may be published in the **Desert Airman**.*



Photo by Staff Sgt. Lanie McNeal

Col. Michael Spencer, 355th Wing commander, presents the 355th Wing third-quarter Noncommissioned Officer of the Quarter award to Staff Sgt. Ron D'Andrea, 355th Wing protocol. For the list of all winners, see **Base names third-quarter award winners**, Page 12.

Agency numbers

AAFES Agencies.....	228-3904	Inspector General.....	228-3558
Accounting and Finance.....	228-4964	Legal.....	228-6432
Chaplain.....	228-5411	Lodging.....	228-4845
Civil Engineering.....	228-3401	Military and Civilian Equal	
Clinic.....	228-2930	Opportunity Office.....	228-5509
Commissary.....	228-3116	Military Personnel.....	228-5689
Family Support.....	228-5690	Public Affairs.....	228-3204
Fitness and Sports Center.....	228-0022	Security Forces.....	228-6178
Haefner Fitness Center.....	228-3714	Services.....	228-5596
Housing Office.....	228-3687	Transportation.....	228-3584

Team D-M Mission Spotlight



The 355th Communications Squadron provides combat-ready communications, computer, network, visual information and information management services to the 355th Wing, 12th Air Force and the Davis-Monthan community.

The squadron is divided into four flights: Information Systems Flight, Mission Systems Flight, Support Flight and Plans Flight.

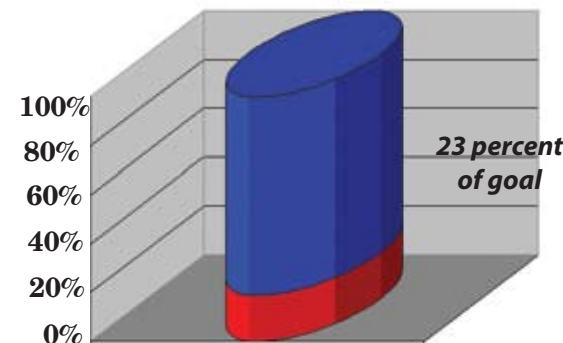
Airman 1st Class Christina Ponte, 355th Communications Squadron still photographer, checks her Nikon D1X camera. She did her function check before going on a photo assignment. Many of the products produced by the photo lab can be found at www.af.mil or on the intranet at <https://photo/index.htm>.



Photo by Airman 1st Class Jesse Shipps

Contribution update

The goal for the 2005 Combined Federal Campaign is for 2,972 people to participate. As of Monday, 684 participant's forms have been turned in.



573 Airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31. Individuals interested in volunteering should contact Airman 1st Class Logan English, AADD scheduler, at 228-6674.

Call AADD at
850-2233

Friday and Saturday from 11 p.m. to 4 a.m. For more information regarding AADD, see the Web site <https://aadd> on the D-M intranet.

Ready to deploy ...

Davis-Monthan: 960 355th Wing: 620

(Approximate numbers as of Tuesday.)

The 355th Wing Public Affairs staff prepared all editorial content for the **Desert Airman**. The editor will or re-write material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101. Contributions for the **Desert Airman** can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil. The editor can be reached at 228-5714. Submission deadlines are Wednesday, nine days prior to publication date. If submissions are publishable, they run based on space available and priority. Unless otherwise noted, photographs are Air Force photos. The **Desert Airman** uses information from the Armed Forces Information Service, Air Force News Service, Air Combat Command and other sources. All advertising is handled by Aerotech News and Review, 456 East Ave. K-4, Suite 8, Lancaster, Calif. 93535; phone (520) 623-9321; e-mail diane@aero-az.com.



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EOD proves ‘Big Bang’ theory not all it’s cracked up to be

By Airman 1st Class Clark Staehle
355th Wing Public Affairs

The 355th Civil Engineer Squadron’s Explosive Ordnance Disposal team responded to a call Oct. 18 at the Base Information Transfer Center, Davis-Monthan’s internal mail system.

Airman 1st Class Jamie Forbes, 355th Communications Squadron mail handler, reported a suspicious package to base authorities.

“We were going through normal checks with the ion scanner and it went off twice, so we followed procedures,” she said.

After she reported the incident, several agencies arrived on scene, including D-M’s Fire Department, EOD, security forces and the U.S. Postal Inspection Service.

“When (BITC scanned a package), it came up positive for explosive residue twice,” said Tech. Sgt. Ryan Groves, 355th Civil Engineer Squadron and Explosive Ordnance Disposal team chief. “Upon that, they contacted the command post, secured the incident site, then we were notified and we responded.”

The EOD team had much to do once arriving on scene.

“(When) we show up on scene, we get what ever information we can, determine our threat assessment and deal with the package accordingly,” Sergeant Groves said.

Among the three EOD Airmen who responded was Senior Airman Travis Eygabroad, 355th CES.

Airman Eygabroad operated the robot, which allowed the EOD team to interact with the package while remaining at a distance.

QOL

Continued from Page 1

nominated as one of the finalists and the selection is testimony to the base’s “hard work and team building approach across the installation.”

Being selected for top honors in the command took a team effort that is evident in everything the Desert Lightning team tackles.

“(Our) Airmen reflect the professionalism, dedication and tenacity to improvise, adjust and build on existing programs, facilities and infrastructure to meet the

mission,” Colonel Spencer said.

The evaluation team saw every corner of the base, including the medical group, maintenance, airfield operations, services and overall teamwork for every mission of the base.

The four-page award nomination package gave the evaluation team an idea of how the Desert Lightning team works together to get the mission done. In seven categories of the awards package, D-M put people first and gets the mission done.

Capt. Dat Lam was part of the evaluation team that visited D-M. Some of the areas that stood out for him were the services pro-

What to do ...

If you come across a suspicious-looking package, follow these simple steps:

- ◆ Do not touch or inspect the package.
- ◆ Back away slowly.
- ◆ Report the package to Security Forces at 228-3200 and the command post at 228-7400. The command post will notify all the appropriate agencies.

Senior Airman Andrew LeBeau, 355th CES EOD, was also part of the team.

One of Airman LeBeau’s on-scene responsibilities was to don the bomb suit. He also placed X-rays near the package, which helped identify its contents.

Analysis of the X-rays proved the contents of the package were non-threatening.

“It was a negative find,” Sergeant Groves said. “Once we got the robot down there on scene, we could see that it was shipped to the account (Technical Order Distribution Office). And since it already is an internal military system, we had a pretty good feeling about it.”

X-rays showed the package contained technical orders and no trace of explosives were found.

Despite the urgent response and professionalism of all the responding agencies, it was all in a day’s work, Sergeant Groves said.

“That was a pretty routine call,” he said. “There was nothing out of the ordinary to make it too exciting.”

gram, improvement initiatives in maintenance and a strong rapport with the local community.

“It really is astonishing to see all of the accomplishments of the Desert Lightning team in one product,” Colonel Spencer said. “The people here are remarkable.”

Colonel Spencer brought home \$50,000 in addition to the wing’s annual funding for use in operations and maintenance to improve future quality-of-life programs.

“I’m proud of our team,” said Colonel Spencer. “We face many challenges every day, and the teamwork of the Desert Lightning team is remarkable.”

News Notes

ORE mandatory briefings

All Airmen of the 355th Wing are required to attend one of the following mandatory briefings:

- ◆ Wednesday: 8 and 10 a.m., 1, 3, 5 and 7 p.m.
- ◆ Thursday: 6, 8 and 10 p.m., 1, 3 and 8 p.m.

Airmen on post attack recovery teams must attend one of the following trainings: Nov. 4: 6, 8:30 and 11 a.m., 1 p.m.

355th MDOS appointments today

The 355th Medical Operations Squadron will have appointments open until noon today. There will be morning and afternoon sick call for active duty personnel. The Medical Operations Squadron will close following afternoon sick call for commander’s call.

Child safety-seat check

A free child safety-seat check is available to the Davis-Monthan community Saturday at the Tucson Fire Department’s prevention office located at 797 E. Ajo Way. They are located just east of South Park Avenue and Ajo Way. The seat check times are 9:00 to 11:00 a.m. In addition to car seat inspections, Airmen and families who need a car seat can get a free one. For more information or to schedule an appointment, contact Peter Dellilo at 791-4502. Walk-ins are welcome, however appointments take priority.

Free early Thanksgiving dinner

The American Legion Auxiliary Unit 7 invites servicemembers and their families to an early Thanksgiving dinner Nov. 22 at the Post home located at 330 West Franklin St. Up to 150 guests are invited at each of two seatings — 3 to 4:30 p.m. and 5:30 to 7 p.m. To reserve seats, contact Clayton Moore at 228-6042 by Sunday.

Base Legal Office closure

The Base Legal Office will be closed Nov. 4, for Leadership Training. Attorney Legal Assistance and walk-ins for POAs and Notary service will be available Nov. 7.

Motorcycle briefing Oct. 31

A Motorcycle Riders’ Brief is scheduled for Oct. 31 at the Base Theater starting at 9 a.m. This brief is mandatory for all day-shift motorcyclists and highly encouraged for all those considering purchasing a motorcycle. For more information, contact the Davis-Monthan Lightning Riders at DMMoto@dm.af.mil.

Davis-Monthan receives year-end funds from ACC to repave roads

The base received a generous portion of Air Combat Command’s year-end funding for the purpose of repairing and maintaining street and parking lot pavement. Many streets and parking lots on base will be treated with a surface

sealant and a few will be repaved. Work should commence in November and all work should be completed in approximately five months.

For more information, contact Tim Reed at 228-5652 or Bob Jensen at 228-3522.

Terrorism history

October 24, 1975, the Turkish ambassador and his driver were shot and killed in Paris by members of the Armenian Secret Army for the Liberation of Armenia.

FAP aims to help Airmen, families reduce violence at homes

By Senior Airman Brandy Dupper-Macy
355th Wing Public Affairs

Somewhere out there, someone is losing sleep because they do not know what to do or where to go for help.

It happened again, they were abused by their partner, and they wanted the pain to stop.

That is where the Family Advocacy treatment managers come in to help. People can seek help for various reasons.

"Families find their way to the Family Advocacy Program in many different ways," said Melissa Barbalaco, 355th Medical Operation Squadron Family Advocacy Program treatment manager. "Some are referred by commanders or first sergeants, security forces, child protective services, the office of special investigations, the family support center, the child development center, or by the chapel. Many families seek services on their own. Sometimes a referral may even be received from a concerned party from the community who can choose to remain anonymous."

Some people are afraid of getting help for themselves or others in fear of getting them into trouble.

"The Family Advocacy Program is a program whose mission is to help promote healthy and happy families through providing needed assistance and services, not to seek punitive action," said Marley Smith, 355th MDOS FAP outreach manager.

When a neighbor witnessed a couple in a dispute, the caller called the FAP to see what they could do to help.

"During the argument, the caller reported, it appeared that the husband tried to get into his vehicle and leave, but the wife did not want to allow this and attempted to take the car keys away from the husband," Mrs. Barbalaco said. "At this point, a struggle ensued, and the husband pulled the wife's hair and pushed her to the ground. As the wife got up, she was yelling at the husband and reached out and struck him. The caller said what concerned him the most was that their two-year-old daughter was watching everything from the front door and was crying loudly, and appeared to be very distressed. The caller went on to include that the husband was finally able to get into his vehicle, but as the husband drove away, his wife kicked the car in frustration, which apparently left a slight dent in the driver's side door."

After the phone call, the incident was assigned to a family advocacy treatment manager.

The treatment manager then contacted the husband's first sergeant, who would also offer his and the unit's support to the family, and who would schedule an appointment for the husband to come in and see the treatment manager to discuss the incident, assess the family for any immediate safety risks and offer appropriate services.

Child Protective Services were also contacted to assess the family for any safety concerns for the two-year-old daughter and to offer their services, should the couple need assistance with parenting techniques.

"Child Protective Services chose not

to open an investigation, because it did not appear at this time that the child was in any eminent danger or at risk of emotional or physical maltreatment," Mrs. Barbalaco said. "Child Protective Services was ensured that the FAP would provide the needed services to the family."

Once the treatment manager meets the family, they act as mediators to see what is going on, and what can best help the couples problems.

"Upon conducting the interviews separately with both wife and husband, both partners admitted to having aggressed against one another physically and both agreed to begin marital therapy immediately," Mrs. Barbalaco said.

Both partners were also informed of the limits of confidentiality, and of the process that would include the Family Maltreatment Case Management Team voting whether or not the incident met criteria for maltreatment based on the definitions of maltreatment set forth by Air Force guidelines concerning the definitions of spouse, and child maltreatment.

The FMCMT meeting is a monthly meeting in which the case is heard by a team of professionals who vote whether the case will be substantiated or not.

The active duty member's first sergeant and commander are also in attendance and are invited to voice any comments or concerns about the husband and/or the family.

If the case is substantiated, the

For help ...

For more information, or to report domestic violence, contact the Family Advocacy Program at 228-2104.

couple would be encouraged to attend some counseling services, such as marital therapy, Domestic Conflict Containment Program classes, Parenting classes, the New Parent Support Program, and/or Anger Management classes. Should the case be unsubstantiated, the couple would be informed of these services, and still encouraged to attend marital therapy. In addition to these programs, FAP is a member of the Integrated Delivery System, which collaborates with other agencies on-base.

"This particular case was substantiated by the FMCMT," Mrs. Barbalaco said. "Treatment recommendations included marital therapy and Domestic Conflict Containment Program classes for both the husband and the wife. The case will remain open until the couple completes the treatment recommendations, and until the Treatment Manager determines that the safety of the couple is no longer at risk."

(Editor's note: the above story is a fictional story of what the FAP can do to help families who need help. This is part two of a two-part series for Domestic Violence Awareness Month.)

Davis-Monthan's Pumpkin Patrol, safety office help keep kids safe

By Senior Airman Brandy Dupper-Macy
355th Wing Public Affairs

Ghosts, goblins, witches, princesses and action-heroes will be out and about, roaming streets Monday.

In an effort to reduce possible risks for children, the hours on-base for trick-or-treating are 5:30 to 8 p.m. Pumpkin Patrol will post at crossroads and direct traffic to help ensure safety.

Regardless if families choose to go on-base or off-base for Halloween festivities, one thing should remain in the front of every parents mind: safety.

"Parents must make sure children know not to eat any candy until examined by their parents," said Michael Barnes, 355th Wing chief of safety. "Throw away any candy that is partially opened, damaged, homemade or not wrapped. Check for holes in wrappers and examine candy for any punctures or breaks. You should give only recognized manufactured candy to your children."

In addition to checking candy, Robert Belter, 355th Security Forces Squadron resource protection, recommends the following tips to children and parents:

Something not right?

Report any suspicious activity to the 355th Security Forces Squadron at 228-3200.

- ◆ Walk, don't run, from house to house. Use streets, sidewalks and driveways to enter and leave houses.
- ◆ If there are no sidewalks, walk on the left side of the road facing traffic.
- ◆ Cross the streets at crosswalks or at corners, never in the middle of the street.
- ◆ Only accept candy that is wrapped or packaged.
- ◆ Wait until you get home to sort, check and eat treats.
- ◆ Never enter the home of a stranger. If a stranger insists you come inside, leave immediately and tell a parent, a police officer or another trusted adult.
- ◆ If children are old enough to trick-or-treat on their own, plan and discuss the route children will take, their return time, and make sure they stick to it.

- ◆ For better visibility, have children carry flashlights or glow-sticks.
- ◆ Make sure children stop only at houses that are well-lit.
- ◆ Before eating any fruit, wash it and slice it into small pieces.
- ◆ Pin a slip of paper to the costumes of younger children listing the child's name, address and telephone number.
- ◆ Turn on your home's exterior lights and remove any objects from your walkway that may be a hazard to trick-or-treaters. Place jack-o-lanterns out-of-reach so children won't burn themselves or their costumes.
- ◆ If possible, send children trick-or-treating before dark.
- ◆ If driving, stay alert and follow the posted speed limit. Be especially cautious in residential neighborhoods.
- ◆ Watch for children darting out from between parked cars and walking on roadways, medians and curbs.

These steps can greatly reduce risks to children and pedestrians during this year's Halloween.

563rd RQG puts motto to practice, saves 17 lives Oct. 17

By 1st Lt. Beth Tucker

355th Wing Public Affairs

Airmen from the 563rd Rescue Group here jumped to action Oct. 17 saving 17 people who became stranded while hiking in a remote area of Mexico.

Adverse weather trapped an American hiker and 16 Mexican rescue workers on a mountain-side 60 miles southeast of San Diego on the Baja peninsula, as they attempted to retrieve the remains of another American hiker.

Saving people's lives, where ever and when-ever needed, is the mission for the Airmen of the 55th, 79th and 48th Rescue Squadrons.

"Our mission is all about saving lives," said Maj. Pedro Ortiz, one of the HH-60G Pave Hawk pilots with the 55th RQS who flew on the recovery mission.

The initial call for help came Sunday evening, said Lt. Col. Douglas Galipeau, 563rd RQG deputy commander and acting group commander at the time. The group notified the squadrons to alert people and start preparations.

Knowing what was needed, the units of the rescue group jumped to action. The 48th RQS pararescuemen prepared the needed equipment for various terrains, the 79th RQS focused on obtaining permissions for taking their HC-130P/Ts into Mexican airspace and the 55th RQS prepared two HH-60s for the mission.

"Each unit did their own level of planning and generated an overall plan covering the requirements for everyone," said Capt. Michael Gallagher, a 79th RQS navigator who flew with the HC-130 during the mission.

After being on stand-by for nearly 17 hours, the call to action came late Monday morning and three aircraft and 18 crewmembers took off for Mexico.

The five-and-a-half hour round-trip flight from Davis-Monthan to Mexico included a stop at the Mexicali airport to pick up a guide and translator who took them to the stranded individuals.

When the team arrived to the rescue site, a first team of PJs hoisted themselves down to the site and assessed the situation.

"We were lucky that the people had put themselves in a position that we could use the hoist," said Master Sgt. Neil McCready, 48th RQS operations superintendent, who participated in the rescue.

After three airlifts, the crews rescued the 17 hikers and recovered the deceased hiker. They dropped the people off at a base camp nearby, where a group of vehicles took people to medical care as needed.

"It was a textbook recovery mission," Sergeant McCready said. "It's good to continue what we've been doing all over the world."

While a call at home on a Sunday evening is not typical for these Airmen, the call to rescue and pull



Courtesy photo

Pararescuemen assigned to the 563rd Rescue Group land their helicopter in Mexico 60 miles southeast of San Diego to help save 17 people Oct. 17.

together resources for one mission isn't uncommon.

"The planning is typical of what we'd do in Afghanistan or Iraq," Major Ortiz said.

In the past year, the same crews responded both in deployed locations, as well as in the Gulf Coast states where they rescued Americans after Hurricanes Katrina and Rita.

"I think that Monday proves our ability to act on very short notice with very little (information) and still be successful," Colonel Galipeau said. "Our motto is 'So others may live,' and this is a classic example of us living up to that motto."

CRIME & Punishment

Davis-Monthan discharges, Articles 15 from Oct. 10 through 21

◆ An airman assigned to the 355th Communications Squadron was **discharged** with a general discharge characterization for **minor disciplinary infractions**; supported by one Article 15 and three letters of reprimand.

◆ An airman first class assigned to the 355th Security Forces Squadron was **discharged** with a general discharge characterization for **minor disciplinary infractions**, supported by one Article 15, four letters of reprimand, one letter of admonishment, and two letters of counseling.

◆ An airman assigned to the 25th Operational Weather Squadron received a reduction to airman basic for **vacating non-judicial punishment by failing to go to the appointed place of duty at the time prescribed**. This was a violation of Article 86 of the UCMJ.

◆ An airman first class assigned to the 355th Civil Engineer Squadron received a reduction to airman and 30 days extra duty for **failing to go at the time prescribed to appointed place of duty**. This was a violation of Article 86 of the UCMJ.

◆ An airman first class assigned to the 355th Component Maintenance Squadron received a reduction to airman, forfeiture of \$668 pay, 10 days extra duty and a reprimand for **wrongfully using marijuana and for failure to wear a seatbelt while driving on base**. These were violations of Article 112 and Article 92 of the UCMJ.

(Editor's note: Information courtesy of the 355th Wing Staff Judge Advocate Office. The same offense can result in different punishment for each offender. The offender's commander considers several factors when determining punishment, including the offender's service record and impact on unit discipline, cohesion and morale.)

ACC announces family days for 2006

Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. — Air Combat Command announced its family days, intended to allow people the opportunity to enjoy extended weekends with their families, in conjunction with five holidays in 2006.

Air Combat Command commander, Gen. Ronald Keys, designated Feb. 17, May 26, July 3, Sept. 1 and Nov. 24 as the command's 2006 family days, giving people time off, when possible, to spend with their loved ones. These dates correspond with the Presidents' Day Holiday, Memorial Day, Independence Day, Labor Day and Thanksgiving.

Commanders should ensure people who, due to mission requirements, are unable to take time off those days have the time given to them at a later date, command officials said.

In addition, General Keys said Dec. 26 through 29, 2006, would be no-fly days to allow people maximum family opportunities during the holiday season.

"In the short time I have served as commander of ACC, I have been tremendously impressed by the highly motivated and dedicated professionals

2005 ACC family days remaining:

- ◆ Family day: Nov. 25
- ◆ No-fly days: Dec. 27 through 30

of this command," General Keys said in a message to all ACC units. "You have faithfully risen to the challenges we have faced, and I am proud to serve with you. In light of the many sacrifices you make for your country, I want to establish the ACC family days now so that you may have adequate time to plan with your families."

Command officials said the guidelines of the military leave program should be followed in matters concerning passes and chargeable leave. For civilian employees, commanders can encourage liberal leave, use of previously earned compensatory time, or use of already approved time-off awards.

There is one family day left in 2005, which is Nov. 25 to correspond with Thanksgiving. Also, Dec. 27 through 30, 2005, were designated no-fly days for ACC.

Davis-Monthan medic preserves lives in AOR

By Capt. Eric Badger
379th AEW Public Affairs

SOUTHWEST ASIA – The Blood Transshipment Center located here is the hub for all blood distributed to medical units throughout the area of responsibility.

According to Maj. Julie Zwies, the Expeditionary Medical Group's Support Flight commander and Expeditionary Blood Transshipment Center OIC deployed from Davis-Monthan Air Force Base, blood is provided from military donors at various military bases throughout the continental United States.

The blood is processed through the Armed Services Whole Blood Processing Laboratory-East located at McGuire Air Force Base, N.J., which services the Atlantic region and the AOR. After processing, it is transported here by C-17 or contracted cargo aircraft.

It takes people from varied backgrounds to ensure the BTC operation runs smoothly, according to the major.

"We are truly diverse," she said. "Our team is made up of logisticians, administrative assistants and laboratory technicians. All of these different elements have to come together in order for the process to work. It is definitely a team effort."

At the BTC, the blood is distributed weekly to all of the forward-deployed locations throughout the AOR. The amount of blood given to a certain location varies each week depending on the need.

"We can get blood processed and loaded on a jet and on its way in two and a half to three hours," said Maj. David Lincoln, forward-deployed Joint Blood Program officer deployed here from Elmendorf Air Force Base, AK. "Much like a traffic cop, I ensure Maj. Zwies has the right of way as she gets the blood to where it's needed most."

To prepare the life-saving fluid for

the trip, blood is packed into a standard blood shipping box known as a Collins box. The box is also packed with about 14 pounds of ice.

"Red blood cells can't be frozen, so wet ice is used to keep it cold during shipment," said Maj. Zwies. "However, fresh frozen plasma and cryoprecipitate are preserved frozen and is shipped with dry ice to keep it frozen. Blood is an officially-licensed pharmaceutical product and is handled with extreme care."

Due to the unpredictable nature of when blood is needed, transportation into the AOR is done on a case-by-case basis.

"We use aircraft of opportunity," said Maj. Lincoln. "We send blood by C-130s, Chinooks, ships or convoys. Any way we can get it there, we make sure it happens. Lives depend on it."

According to Maj. Lincoln, the Air Force handles the strategic- airlift portion, while the Army takes care of the ground-level shipment.

"The Army is a big player in this process," he said. "They have special laboratory technicians who do nothing but ensure blood is properly distributed where it needs to go. They do an outstanding job, day in and day out."

The center stores red blood cells, fresh frozen plasma and cryoprecipitate. Whole blood contains each of these elements when it is first drawn from a blood donor. To separate these elements from whole blood, the blood goes through a process called centrifugation. The process spins the blood, allowing the elements to separate by gravity.

Depending on the need, a patient may only require one of these elements. For example, cryoprecipitate is used primarily for patients with blood-clotting difficulties.

"The blood arrives to us already split into these separate elements," Maj. Zwies said. "We track it, pack it and



Photo by Airman 1st Class De-Juan Haley

Major Julie Zwies of the 379th Expeditionary Medical Group sorts out blood from this undisclosed location that will be used for injured troops in Iraq and Afghanistan. Major Zwies is deployed from the 355th Medical Group at Davis-Monthan.

send it off to wherever our forces and coalition partners need."

The center stores the red blood cell units in a walk-in refrigerator that is kept at approximately one to six degrees Celsius. There are also three large-chest freezers that hold plasma and cryoprecipitate. These chest freezers are kept at negative 70 degrees Celsius.

Before a shipment of blood is delivered throughout the AOR, each individual blood unit is scanned and logged into the center's computer database, much like items are scanned by a cashier at a local grocery store, according to Maj. Zwies. This is done to provide a tracking system for the blood to ensure it arrives to its correct destination, while maintaining the BTC's inventory accountability.

The need for blood will continue to grow with each passing year as the pool of military donors shrinks, the major said.

"Many deployed members will be ineligible to donate for up to a year upon return from their deployment," she said. "Many people think that the next person will donate, so they don't worry about it. What we want people to remember is that everybody needs blood. The need will never end."

How to help out ...

For more information about the Armed Services Blood Program, visit their Web site at www.militaryblood.dod.mil

Who's got school spirit?

The following are the words to the most frequently used verse of "Bear Down, Arizona."

Bear Down Arizona
Bear Down Red and Blue
Bear Down Arizona
Hit 'em hard, Let 'em know who's who
Bear Down Arizona
Bear Down Red and Blue
Go! Go! Wildcats Go!
Arizona, Bear Down!

Tailgate

Continued from Page 1

campus, put on a University of Arizona hat and experience the game-day experience for them and their families, we hope they end up leaving Tucson as a Wildcat fan for life," said Bob Logan, a DM 50 member.

The D-M tailgate starts at 1 p.m. at Gittings Lawn on the U of A campus, West of Campbell Avenue.

The Wildcats will kick off against the Bruins at 4 p.m. Airmen and their families can redeem their tickets for food and beverage during the game.

There are many options for getting to the game. Free carpool parking can be accessed at the Sixth

Street Garage near Park Avenue and Laurel Street. Sun Tran shuttles have three pick up locations: High Corbett Field, Tucson Mall Drive and Oracle Road east of American Home Furnishings and southeast of Fry's on Irvington Road and Interstate-19. Round-trip fare is \$2 per person. Shuttle service begins at 2 p.m. Parking around the campus is also available at various prices.

Packages for the game are available at Information Tickets and Tours, located on Craycroft Road across from the golf course in Building 4201, or can be reserved over the phone by calling 228-3700. While tickets are still available, the quantity is limited.

The day promises to be entertaining for Airmen celebrating with Wilbur Wildcat, U of A students and Tucson residents.

AAFES aims to reduce shipping costs

DALLAS — “A typical (military) family can easily spend \$1,500 a year shipping shampoo, baby powder, bedding, phone cards, toothpaste and similar items (to Iraq and Afghanistan).” These are the disturbing findings of New York Congressman Vito Fossella, Jr.

Fossella, along with more than a 100 Congressional Representatives, has been taking a close look at the cost of military mail. His findings confirm mailing care packages to troops overseas is extremely expensive.

To combat prohibitive shipping fees, the Army and Air Force Exchange Service offers two initiatives that make it easy and affordable to support military families and troops.

The first effort is called “Gifts from the Homefront.” This program relies on more than 55 exchanges, filled with shampoo, baby powder, bedding and more, in and around Operations Iraqi and Enduring Freedom. An efficient military logistics operation ensures these base exchange or post exchange operations are stocked with the health and beauty items, movies and comfort foods troops desire.

Servicemembers can redeem “Gift from the Homefront” gift certificates at Tactical Exchanges throughout the Middle East for items priced the same, if not less, than family and friends would find in the United States.

“Gifts from the Homefront’ save the sender

money and put the choice of what items the Soldier, Airman, Marine or Sailor want back into their hands,” said AAFES Chief of Corporate Communications Lt. Col. Debra Pressley.

As Rep. Fossella understands, phone cards provide a critical link between the front lines and the home front. AAFES’ “Help Our Troops Call Home” program was created for this very reason.

The second initiative, called “Help Our Troops Call Home,” utilizes the Military Exchange Global Prepaid platform to provide phone cards designed for the unique needs of deployed troops.

Anyone who wants to support our troops through “Gifts from the Homefront” or “Help Our Troops Call Home” can log on to <http://aafes.org> to participate. Gifts certificates are also available toll free at 877-770-4438, phone cards can be sent by calling 800-527-2345. Both forms of support can be sent to an individual service member (designated by the purchaser) or distributed to “any service member” through the American Red Cross, Air Force Aid Society, Fisher House or USO.

“\$1,500 is too much money for military families to pay just for shipping,” Colonel Pressley said. “Away from home and in a war zone, simple things like these gift certificates and phone cards make all the difference in a difficult environment and make life away from home just a little more bearable.”

(Information courtesy of AAFES.)

Air Force Web site expands services to help with PCS

By Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. — The Air Force Move Web site “People First” has recently expanded its services.

In addition to the vast personal property links, travelers will now have access to a passenger directory to assist with locating the nearest transportation office.

A ground-transportation locator has been added to aid in finding local transportation between the installation and nearest commercial airport.

Additionally, a kennel locator was developed to assist customers traveling with pets.

There have been other links that have been added to enhance the travelers overall moving experience.

For more information or to see the changes made to the Air Force Move Web site “People First,” see <http://afmove.hq.af.mil/default.asp>.

Importance of training, tools, technical data in any career

By Maj. John Bulldis

563rd Maintenance Squadron commander

What are the three Ts and how can they apply to everyone? Regardless of what your Air Force Specialty Code is you can, and probably do, use these concepts.

I need to start by telling you I was not the originator of this topic. It was passed to me from a previous commander who has since retired from active duty.

The three Ts is a basic concept dealing with Training, Tools and Technical data. As a maintenance officer, I have found knowing and understanding the three Ts is invaluable to successful complete any maintenance performed.

Let me define each of the Ts and give examples that will help you understand how they can be used in your everyday work environment. Then, I will provide some personal views on why I feel the three Ts are vital to success.

Training

Think about all the training you have received from many sources since birth. Your parents, grandparents, brothers, sisters, friends and teachers provided you training and your ability to grasp and apply that training is what makes you the person you are today.

In the Air Force, there is formal training, informal training, on the job training and additional training that we have all completed at one point and time in our careers.

Again, as you went through basic training and then technical training or directly to your assignment, you were provided with some basic levels of knowledge to give you the tools to go further. There is no end to training and the value of training can never be overstated.

Just after the first Gulf War, the Air Force went through a weeding process offering some middle-ranking members a chance to get out with either a lump sum of money or with monthly payments.

“... If we as leaders can properly train our people, ensure they have the appropriate tools and the technical data is accurate and used, we will reduce mishaps, and increase our mission capability.”

— Maj. John Bulldis,
563rd Maintenance Squadron commander

The experience these personnel took with them I feel made a dip in the training available to our younger troops. Master sergeants and above were forced back into the trenches to teach the future leaders and train them to take their place.

Training is and should always be the first thing you get when entering any new task whether it be joining the Air Force or learning how to write an enlisted performance report.

Tools

Understanding how our professional maintainers fix aircraft, you can see why tools would be so very important to me. But consider the tools that you use in your daily jobs.

As a security-forces member, your tools can be your weapon. For an Airman in services it could be the grill in the kitchen.

Each of us have tools we rely on daily to complete our mission and when those tools are in poor repair or not accounted for we can have some real issues.

Imagine going to the military personnel flight and not being helped because they don't have any filing cabinets or the computers can't con-

nect to the base system because they are not compatible.

Tools have to be the right one for the right job to meet the needs for mission success.

In maintenance, we have very strict tool accountability requirements because a lost or misplaced tool can cause a catastrophic failure on an aircraft and cost millions of dollars or worse cost a life. Tools also cost money and must be kept up with technology.

Not every person in an organization needs to have the top-of-the-line super-fast clock speed computer system with 60 gigabits of memory, but when the civil engineer is trying to develop a site plan for construction on an installation or the maintainers transition to computer-based technical data, those tools are needed.

Technical data

The written guidance to do our respective jobs is what provides us with a systematic time testing approach to completing a task.

Technical data is written in a way to help you complete the task by taking you through each step, and in many cases, in such detail that you can solve the major problems as they arise.

Again, this is not just in the maintenance career fields and can be could be any type of written guidance that provides us with the process we are tasked to perform. When I was assigned in Germany I had to read the driver's manual and take a test, the manual was my technical data for driving in Europe.

So why do we care about the three Ts? I would argue that if we as leaders can properly train our people, ensure they have the appropriate tools and the technical data is accurate and used, we will reduce mishaps, and increase our mission capability.

Understanding and practicing the basic three Ts concepts will provide confidence to each member and increase the overall ability to meet future Air Force challenges.

Final Answer

What are you going to be for Halloween?



Shakira Posley
Daughter of Sharlinda and Tech. Sgt Jamie Posley, 355th Maintenance Operations Squadron
“I want to be a pumpkin for Halloween.”



Connor Macy
Son of Seth Macy and Senior Airman Brandy Duper-Macy, 355th Wing
“Spiderman!”



Owen James
Son of Gene and Tech. Sgt. Wendy Lee, 612th Air Communications Squadron
“I want to be a blue pumpkin.”



Madison Guinzy
Daughter of Elaine Guinzy, 355th Services Squadron
“I want to be Princess Dora.”



Brendon Creek
Son of Staff Sgt. Michael Creek, 612th Air Communications Squadron
“I want to be a ghost.”



Savannah Register
Daughter of Staff Sgt. Cathy Register, 358th Fighter Squadron and Staff Sgt. Travis Register, 355th Component Maintenance Squadron
“I want to be a Sleeping Beauty or a princess.”

Base names third-quarter award winners

Congratulations to the following Airmen and civilian personnel who were chosen as the 355th Wing third-quarter award winners. These individuals were selected from all units of the 355th Wing. Col. Michael Spencer, 355th Wing commander presented the awards Tuesday during a ceremony at the Mirage Officers’ Club.

- Field Grade Officer of the Quarter**
Maj. Lyle Drew,
355th Equipment Maintenance Squadron
- Company Grade Officer of the Quarter**
1st Lt. Jeffrey Holley,
355th Contracting Squadron
- Senior Noncommissioned Officer of the Quarter**
Master Sgt. Luis Cruz,
355th Logistics Readiness Squadron

- Noncommissioned Officer of the Quarter**
Staff Sgt. Ronald D’Andrea
355th Wing
- Airman of the Quarter**
Senior Airman Omar Mahmud,
355th CONS

- Senior Civilian Employee of the Quarter**
Cathleen Harrison,
355th Comptrollers Squadron
- Intermediate Civilian Employee of the Quarter**
Heike Smith
355th Wing
- Junior Civilian Employee of the Quarter**
Victoria Harke,
355th Medical Operations Squadron

Congratulations to the following Airmen and civilian personnel who were chosen as the Davis-Monthan third-quarter award winners. These individuals were selected amongst the winners from the 355th Wing and each tenant unit. Each winner received a trophy sponsored by the Military Affairs Committee.

- Field Grade Officer of the Quarter**
Major Drew,
355th EMS
- Company Grade Officer of the Quarter**
1st Lt. Richard Adams,
612th Air Base Squadron

- Senior Noncommis-
sioned Officer of the
Quarter**
Master Sgt. Luis Cruz,
355th LRS
- Noncommissioned
Officer of the
Quarter**
Tech. Sgt. David Helvey,
48th Rescue Squadron
- Airman of the Quarter**
Senior Airman Oliver Cook,
43rd Electronic Combat Squadron
- Senior Civilian Employee of the Quarter**
Ms. Harrison,
355th CPTS
- Intermediate Civilian Employee of the
Quarter**
Judy Gallmeister,
55th Electronic Combat Group
- Junior Civilian Employee of the Quarter**
Ms. Harke,
355th MDOS





Sonoran Spotlight

*(Editor’s note: Sonoran Spotlight is a weekly feature of the **Desert Airman** that profiles a member — officer, enlisted or civilian — of Davis-Monthan Air Force Base.)*

This week’s Sonoran Spotlight is Airman 1st Class Jared Kummerer. Airman Kummerer is C-130 crew chief assigned to the 563rd Maintenance Squadron. According to his supervisor, Capt. Tobey Thatcher, he was nominated for this award because he “is a real go-getter. His boundless energy and enthusiasm makes him a model for other Airmen to emulate.”

The following are Airman Kummerer’s responses to a variety of questions.

What are the best aspects of your job?

The best aspect of my job is launching the aircraft and watching the plane break ground and know I’ve done my best. It’s hard to put into words, but any maintainer can relate.

Career goals: In the short term, make chief. My long-term goals are to finish college and be selected as a squadron commander.

What do you like about Davis-Monthan?

Everything. Everyday has something new.

Who inspires you? My father, ret. Master Sgt. Alan Kummerer.

Hobbies, outside activities: If I am not at the Auto Hobby Shop, booster club events,



Photo by Airman 1st Class Clark Staehle

Can Do Crew or local church events, I would be out on the lakes near Phoenix in my boat with a line in the water.

AFPC announces

AFIT selectees

The Air Force Personnel Center released Thursday the list officers selected for the Air Force Institute of Technology programs. Selection for limited AFIT positions is extremely competitive.

The Air Force Institute of Technology is the Air Force’s graduate school of engineering and management as well as its institution for technical professional continuing education.

The following Airmen from Davis-Monthan were selected in this board:

Air Force Sponsored Advanced

Academic Degrees

Capt. Francis Saavedra,
Defense Information Services Agency, Fort Huachuca

Capt. DeJon Redd,
355th Wing Public Affairs

Education with Industry

Capt. Sirena Morris,
355th Services Squadron

Retiree News

A Supplement to the Desert Airman

Friday, Oct. 28, 2005

News Notes

TRICARE for Life seminar

A TRICARE for Life seminar will be held on Thursday, November 10 at 9 a.m. and repeated at 1 p.m. The seminars will be held in the D-M Community Center located at 3775 S. Fifth St., Building. 4201.

Reservations are not necessary and the briefings will last about an hour. If you are age 65 or older and have questions about TFL or just want to know more about TFL, this briefing is for you. Contact Barbara West, 228-2634, for more information.

Auto registration

Davis-Monthan vehicle registration decals expiring in 2005 can now be renewed. Required are a valid state vehicle registration form (temporary registrations are not accepted), proof of insurance, a valid state driver's license, a military or Department of Defense identification card and the decal number from your automobile. Motorcyclists should bring their safety cards.

Vehicles can be registered at pass and registration, Building 3200, Monday through Thursday from 8 a.m. to 4 p.m. Friday hours are 8 a.m. to 2:30 p.m.

For more information, call 228-3224.

Society of Military Widows

The society meets at noon on the third Saturday of each month for lunch and a general meeting at the D-M Mirage Officers' Club. The next meeting dates are:

- ◆ Nov. 19,
- ◆ Dec. 17 and
- ◆ Jan. 21.

The cost for lunch is \$13. There are discounts and coupons for club members. Call Mary Taylor Bernhardt at 546-7934 by the Monday preceding the luncheon date for reservations and information.

Those not wanting lunch may join the group after lunch for the meeting and program. Members also meet the second Tuesday each month for a birthday luncheon at the Mirage.

Members with birthdays in the current month are especially encouraged to come to this social event.

Widows of all services whose husbands died on active duty or in retirement are welcome and encouraged to join the society.

VITA needs volunteers for 2005

Do you like to help people? Would you like to understand the income tax system better?

Have you used the Volunteer Income Tax Assistance service in the past and thought it might be interesting to volunteer there?

If so, the Davis-Monthan Air Force Base VITA program may be just what you are looking for. There is always a need for more volunteers to help with the upcoming income tax season.

The Internal Revenue Service, the 355th Wing Legal Office and the Retiree Activities Office sponsor the Davis-Monthan VITA program jointly. The IRS, the Arizona Department of Revenue and VITA provide training and materials at no charge to the volunteers.

Volunteers provide help to taxpayers that have questions, and assist them in preparing and filing federal and state tax returns free of charge. A few volunteers are also needed to staff the reception desk. It's a great service to the base community, but your help is needed to keep it going.

Volunteers attend a one-week training course in January and generally volunteer in the office one day each week from February through April 15 on a very flexible schedule.

If you think you might be interested in volunteering or just have some questions, call Armen Dermen at 749-4812, Tom Rankin at 885-4218, or the Retiree Activities office at 228-5100.

Reminder of community pharmacy procedures

As most know by now, the Satellite Pharmacy next to the Commissary closed in June and the Community Pharmacy opened in the new Base Exchange.

In addition to refilling all prescriptions, the Community Pharmacy processes all new civilian off-base paper prescriptions. Patients can drop-off prescriptions or pick-up medications while enjoying the Base Exchange facilities. Patients with multiple prescriptions are provided a pager so they can shop or eat at the food court while waiting for their prescriptions. The refill

call-in number remains the same, 228-5007.

Refills called in by 11 a.m., Monday through Friday, will be ready for pick-up after 2 p.m. the next duty day.

Refills called in after 11 a.m., on Fridays, or the day prior to a holiday will be ready for pick-up after noon on the second duty day following call-in.

New prescriptions written by D-M health care providers continue to be filled at the main Clinic Pharmacy, with priority given to active-duty members. For general inquiries, call 228-3010.

Staying healthy during flu season

It is flu shot time.

Authorities recommend that those in the following categories are at the highest risk and should receive the shots first:

- ◆ Age 50 years or older;
- ◆ Children 6 to 23 months old;
- ◆ Those in a household with, or a caregiver of, someone at high risk or children under 2 years of age;
- ◆ Those with a chronic health condition and
- ◆ Women more than 12 weeks pregnant.

All individuals should check with their physician or watch for influenza clinics through out the community at places like grocery stores or drug stores for availability of flu shots.

Flu shots will be available for retirees through the 355th Aerospace Medicine Squadron Allergy and Immunization Services after active duty members receive their shots.

Call the hotline at 228-2899 for specific dates, times and locations.

Volunteers needed

The Retiree Activities Office needs volunteers. The pharmacies and the main gate Visitors Center especially need volunteers. If you have four or more hours available weekly, please contact the RAO.

If the RAO doesn't have placements of interest to a volunteer, the volunteer will be referred to other agencies such as family services, the medical clinic or the Veterans Administration.

Contact the RAO at 228-5100, RAO@dm.af.mil, or at 5345 East Madera Street.

Please note that the e-mail address for the RAO has changed slightly in order to standardize addresses at all bases.

Useful phone numbers

Some useful phone numbers are listed below. Clip additional phone numbers from the **Desert Airman** for future use.

Accounting and Finance	228-5111
Ambulance	911
Base Exchange	228-3904
Blanchard Golf Course	228-3734
Casualty Assistance	228-3686
Clinic Appointments	228-2778
Commissary	228-4341
Desert Oasis Enlisted Club	228-3100
Fitness and Sports Center	228-0022
ID Cards	228-4425
Information, Tickets & Travel	228-3700
Law Center	228-5242
Medicare	1-800-633-4227
Mirage Officers' Club	228-3100
Social Security Admin	1-800-772-1213
So AZ VA Health Care	792-1450
TRICARE	1-888-874-9378



One-year SBP open enrollement available

The Department of Defense has announced that military retirees, who opted out of some or all their Survivor Benefit Plan coverage, will have another opportunity to elect coverage during a one-year open enrollment period from Oct. 1 through Sept. 30.

Upon a retiree's death, SBP provides an annuity of up to 55 percent of the military retired pay. Until recently, the annuity for a surviving spouse age 62 or older was reduced to 35 percent to reflect the availability of Social Security benefits. This reduction will phase out by April 2008, and the full 55 percent benefit will be paid regardless of the spouse's age in accordance with the Fiscal 2005 National Defense Authorization Act.

Current non-participants will be able to elect any coverage they could have elected previously upon retiring from active service or upon receiving notification of eligibility for reserve retired pay at age 60.

If they have a reduced election, they may increase their coverage. A participant with child only coverage may add a spouse or former spouse to their coverage, and a member may add child coverage to spouse or former spouse coverage.

But those who took SBP coverage and later elected to terminate that coverage arbitrarily under the provisions of Public Law 105-85 (effective 17 May 98) are not eligible to make an open enrollment election.

Open enrollment elections require a lump sum buy-in premium as well as future monthly premiums.

The lump sum equates to all back premiums, plus interest, from the date of original eligibility to make an election plus any amount needed to protect the Military Retirement Fund. The latter amount applies almost exclusively to those paying fewer than seven years of back payments.

The lump sum buy-in premium can be paid over a two-year period. Monthly premiums for spouse or former spouse coverage will be 6.5 percent of the coverage elected, the same premium paid by those currently enrolled.

Elections are effective the first day of the month after the election is received, but no earlier than Oct. 1. An election is void if the retiree dies in the two years following an election and all premiums are refunded to the designated survivor.

To make an open enrollment election, a retiree must complete and submit a DD Form 2656-9, "Survivor Benefit Plan (SBP) and Reserve Component Survivor Benefit Plan (RCSBP) Open Enrollment Election." The form is available electronically at www.dtic.mil/whs/directives/informgt/forms/eforms/dd2656-9.pdf.

For assistance with the form, retired members should contact the office managing the SBP for their branch of the service. Air Force retirees should call toll-free 1-800-531-7502 anytime between 7:30 a.m. and 4:30 p.m., Central Time, Monday through Friday except holidays. (Information courtesy Air Force Personnel Center)

Medicare Part D perscription coverage changes with New Year

Starting Jan. 1, Medicare Part D prescription drug coverage is available to everyone with Medicare, including TRICARE beneficiaries.

For nearly all TRICARE-Medicare beneficiaries there is no added value in purchasing Medicare prescription drug coverage if you have TRICARE. The exception to this general rule may be for those with limited incomes and assets who qualify for Medicare’s extra help with prescription drug plan costs”, according to a Sept. 29 TRICARE Management Activity Fact Sheet.

A Reuters news e-mail dated Sep. 23, states that eight companies have received approval to offer Medicare prescription drug coverage to seniors starting next year.

How many companies will be offering the benefit in Arizona is not known.

If you think you may benefit from the coverage, contact Medicare at 1-800-633-4227 for more information that may help clarify whether you are a candidate for Medicare Part D prescription drug coverage.

MyPay services benefit retirees

The Defense Finance and Accounting Service would like more retirees to use the myPay electronic system. Located online at <https://mypay.dfas.mil>, myPay is a web-based system that allows customers to make changes to their pay account via the internet.

More than a management tool, it’s designed as a time and cost saver as it eliminates time on the phone and mailing costs.

DFAS officials emphasize that myPay provides

customers with secure technology that meets or exceeds security standards in private industry.

Some actions that can be completed online include:

- ◆ Receive account and tax information including 1099R forms or replacing the forms.
- ◆ Stop, change and start most allotments, including savings bond purchases.
- ◆ Update e-mail and mailing addresses.
- ◆ MyPay allows the customer to create a “restricted access” PIN. If the retired member is unable to retrieve pay or tax information due to travel or illness, a designated family member or representative can look at current data.

For ssistance using myPay, call 1-800-390-2348 between 7 a.m. to 7:30 p.m. (EST).

Legal assistance hours

The 3555th Wing Judge Advocate office on the second floor of Building 2300, Room 2010, has changed legal assistance hours.

Legal assistance hours are as follows:

- ◆ Monday and Friday: By appointment from noon to 3 p.m. To schedule an appointment, call 228-5242.
- ◆ Wednesday: Walk-in hours are from noon to 3 p.m. Military in uniform have priority from noon to 1 p.m.
- ◆ Will executions are Monday, Wednesday and Friday at 1, 2 and 3 p.m.
- ◆ Notary services, power of attorneys, and in lieu tax forms are available from 9 a.m. to 4 p.m. daily.

Legal Assistance maintains a large number of informational pamphlets that may be of interest to retirees.



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Fighting with the power of knowledge

Target skills to survive in any operating condition

When a person is injured

- ◆ Establish an open **A**irway
- ◆ Ensure **B**reathing

support **C**irculation

- ◆ Prevent further **D**isability

Airway
Breathing
Circulation
Disability
Exposure

- ◆ Place dressing over open wounds and secure with bandages
- ◆ Always immobilize neck injuries and avoid unnecessary movement (See Spinal/neck injuries to the right)
- ◆ Splint obvious limb deformities as they are found
- ◆ Minimize further **E**xposure to adverse weather

Symptoms of shock

- ◆ Confusion—can't answer simple questions
- ◆ Cold, clammy skin
- ◆ Profuse sweating
- ◆ Breathing shallow, labored and rapid
- ◆ Rapid pulse
- ◆ Anxiety or restlessness
- ◆ Thirsty or dry mouth
- ◆ Nausea or vomiting



- ◆ Keep airway open
- ◆ If unconscious, place on side and monitor airway (watch for vomit)
- ◆ Keep the person calm, warm and comfortable
- ◆ To help with circulation, elevate lower extremities
- ◆ Seek medical attention immediately
- ◆ Do not allow the person to eat or drink

Treating shock

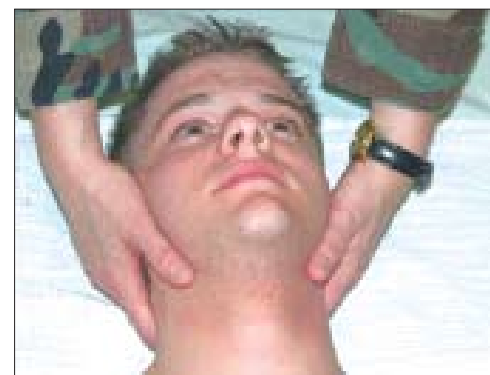
Spinal/neck injuries

Symptoms:

- ◆ Lack of feeling and/or control anywhere below the neck
- ◆ Drainage of fluid or blood from ear, nose or mouth

Treatment:

- ◆ If conscious, caution casualty not to move
- ◆ Continuously monitor and check airway without turning head
- ◆ Immobilize the head and neck
- If casualty must be moved:**
- ◆ Use hard surface for lifter
- ◆ Use as many people as needed to place casualty on litter
- ◆ One person must immobilize the head and neck
- ◆ Ensure casualties' limbs are secured at the chest and thighs
- ◆ Turn whole body together as a unit



Symptoms:

- ◆ Deformity, bruising
- ◆ Tenderness over a specific part of body
- ◆ Swelling and discoloration

Treatment:

- ◆ Do not straighten limb
- ◆ If in doubt, splint injury where they lie, possible
- ◆ Splint joints above and below injury
- ◆ Remove clothing from injured area
- ◆ Remove rings from fingers, if possible
- ◆ Check pulse below injury, away from heart to determine if blood flow is restricted

(Reference for all information and photos: Air Force Manual 10-100.)

Treating fractures

How to combat dehydration, heat exhaustion

An Airman's ability to conduct an effective and sustained combat operation depends largely on your ability to avoid heat illness and cold injury. Thermal storage results from the person's ability to exchange heat between the body and the ambient environment. Thermal-related injuries can result from a notable rise or fall in the body's core temperature.

Wearing the chemical/biological protective overgarment makes individuals more prone to heat stress. To minimize heat stress and resist heat illness, follow the prescribed work/rest cycle periods and hydration guidelines issued by the individual unit control centers.

Dehydration

Symptoms:

- ◆ Dizzy
- ◆ Headache
- ◆ Dry mouth

- ◆ Skin turgor (skin remains elevated when pinched)

Treatments:

- ◆ Provide water

Note: If urine is light yellow, that is a good indicator that the person is properly hydrating (Reference: Air Force Handbook 32-4005)

Heat exhaustion

Early symptoms:

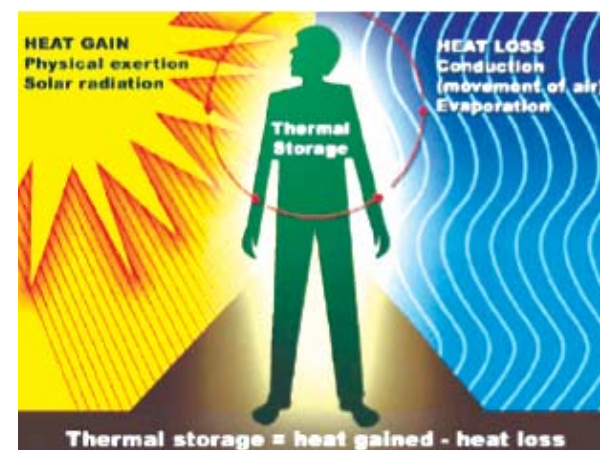
- ◆ Dizziness/weakness
- ◆ Headache
- ◆ Dry mouth
- ◆ Nausea
- ◆ Muscle cramps
- ◆ Spasms, usually in muscles or arms
- ◆ Results from strenuous work or exercise
- ◆ Loss of salt in the body
- ◆ Normal body temperature

Actions:

- ◆ Remove from work or training

- ◆ Allow casualty to rest in shade or cool area
- ◆ Provide sips of water
- ◆ Transport to medical facility if symptoms do not improve in 15 to 30 minutes
- ◆ If signs or symptoms worsen, call an ambulance for help

(Reference Air Force Handbook 36-2218)



Celebrating Halloween

By Capt. Tony Wickman
Alaskan Command Public Affairs

Across

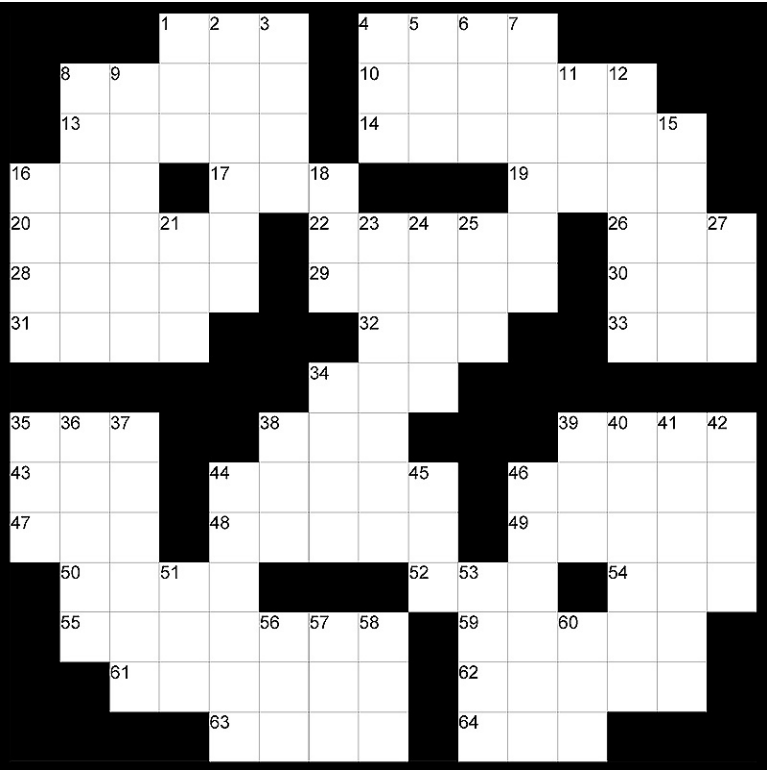
- Female deer
- Rose
- Halloween query
- Turns
- Therefore
- Flying
- Rep. opponent
- Computer component port, in short
- Wife of Jacob
- Primate, in short
- Made a choice
- CD-___; computer part
- Halloween goal for children
- Removes by force
- 6th sense
- ___ __war that shapes peace... Thomas Fuller
- Pas' partner
- Space shuttle, in short
- Lifesaving act, in short
- Org. concerned with

- troop morale
- Golfer Se Ri ___
 - Halloween costume part
 - Cash machine
 - Feeling on Halloween
 - ___ Fe, N.M.
 - Before, poetically
 - Spy
 - Alternative to 8 ACROSS
 - Thrilled
 - Pie ___ mode
 - Field food
 - Halloween character
 - Gelatin
 - ___ is believing
 - Halloween hag
 - Crude person
 - Fed. cryptology org.

Down

- Hubbub
- Dwell
- ___ out a living
- Nav. system
- ___ Grande
- Actress Mendes

- The War of the ____
- The Cat in __ __
- King of Queens actress
- Even
- Traps
- Halloween Haunted House denizen
- 701 to Cicero
- Saying from 15 DOWN
- Doctors, in short
- Jack-o-lantern starter
- Russian ruler, once
- Aliens, in short
- Army policemen, in short
- Package for deployed personnel
- Middle East country, in short
- Stalk of threshed grain
- Greek letters
- Wooden dowel
- Scratch
- Languid
- Laundry stiffener
- American feminist



Solutions can be found on Page 26.

- leader Millet; wrote Sexual Politics

44. F-15s

45. Greek letter

46. Motionless

51. Mining target
53. Sod

56. Car need

57. USN equivalent to CSAF

58. Former USSR agency

60. School org.

Add some variety to PT with aerobics classes

Monday			
Time	Class	Cost	Location
6 to 7 a.m.	Kickboxing	\$2	Fitness and Sports Center
9 to 9:45 a.m.	Water Aerobics (low)	Free	Fitness and Sports Center
11 to 11:45 a.m.	Water Aerobics (low)	Free	Fitness and Sports Center
11 a.m. to noon	Step Aerobics	Free	Haeffner Fitness Center
noon to 1 p.m.	Step & Sculpting	Free	Haeffner Fitness Center
noon to 12:45 p.m.	Spinning	\$2	Haeffner Fitness Center
5 to 5:45 p.m.	Water Aerobics (high)	Free	Fitness and Sports Center
5 to 6 p.m.	Step Aerobics	Free	Haeffner Fitness Center
5 to 5:50 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(8 to 14 years, white and yellow belts)			
6 to 7 p.m.	Yoga	\$2	Haeffner Fitness Center
6 to 6:50 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(8 to 14 years, orange and up)			
7 to 8 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(15 years and older)			

Tuesday			
Noon to 1 p.m.	Circuit Training	Free	Haeffner Fitness Center
5 to 6 p.m.	Spinning	\$2	Haeffner Fitness Center
5 to 6 p.m.	Step/Total Body Cond	\$2	Fitness and Sports Center
7 to 8 p.m.	KYOKUSHIN	\$25/Month	Fitness and Sports Center
	Self Defense		

Wednesday			
6 to 7 a.m.	Kickboxing	\$2	Fitness and Sports Center
9 to 9:45 a.m.	Water Aerobics (low)	Free	Fitness and Sports Center
11 to 11:45 a.m.	Water Aerobics (low)	Free	Fitness and Sports Center
11 a.m. to Noon	Step Aerobics	Free	Haeffner Fitness Center
Noon to 12:45 p.m.	Spinning	\$2	Haeffner Fitness Center
5 to 6 p.m.	Step Aerobics	Free	Haeffner Fitness Center
5 to 5:50 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(8 to 14 years, white and yellow belts)			
6 to 7 p.m.	Yoga	\$2	Haeffner Fitness Center
6 to 6:50 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(8 to 14 years, orange and up)			
7 to 8 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(15 years and older)			



Staff Sgt. Ramona Gantz, 355th Services Squadron, leads her aerobics class through exercises. The various classes offered on-base target a wide range of body areas. The numerous classes also provide a variety of times to meet any schedule.



Staff Sgt. Marina Mascorro, 355th Wing, strengthens her abs during an aerobics class. Aerobics classes provided through the 355th Services Squadron at both fitness centers are an additional option for staying in shape. The variety of class types provides opportunity for those with any fitness level.

Thursday			
Noon to 1 p.m.	Circuit Training	Free	Haeffner Fitness Center
5 to 6 p.m.	Step/Total Body Cond	\$2	Fitness and Sports Center
5 to 6 p.m.	Spinning	\$2	Haeffner Fitness Center
7 to 8 p.m.	KYOKUSHIN	\$25/Month	Fitness and Sports Center
	Self Defense		

Friday			
6 to 7 a.m.	Kickboxing	\$2	Fitness and Sports Center
9 to 9:45 a.m.	Water Aerobics	Free	Fitness and Sports Center
11 to 11:45 a.m.	Water Aerobics (low)	Free	Fitness and Sports Center
11 a.m. to noon	Step Aerobics	Free	Haeffner Fitness Center
Noon to 12:45 p.m.	Spinning	\$2	Haeffner Fitness Center
Noon to 1 p.m.	Toning	Free	Haeffner Fitness Center
5 to 5:45 p.m.	Water Aerobics (high)	Free	Fitness and Sports Center
5 to 5:50 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(8-14 yrs, White & Yellow Belts)			
800- 1850	Dang Soo Do	\$60/Month	Fitness and Sports Center
(8-14 yrs, Orange & Up)			
7 to 8 p.m.	Dang Soo Do	\$60/Month	Fitness and Sports Center
(15 years and older)			

Saturday			
10 to 11 a.m.	Step Aerobics	Free	Fitness and Sports Center
Sunday			
10:30 to 11:30 a.m.	Step Aerobics	Free	Fitness and Sports Center
11:30 a.m. to 12:30 p.m.	Toning Class	Free	Fitness and Sports Center

Sports Shorts

Ladies golf league

The Davis-Monthan ladies golf league is looking for new participants to play golf for two hours every Wednesday morning. Players of all skill levels are welcome to join the group. The membership fee is \$50, which enrolls participants in the Arizona Women’s Golf Association for a Golf Handicap Information Network handicap. The group holds mixers, club championship and Commander’s Cup competitions. They also offer invitations to other clubs in the areas.

For more information, contact Mary Pat Sullivan at 749-4812 or Maralee Wetzel at 790-8377.

All Hallows’ Aquathon

The indoor fitness pool will host the All Hallows’ Aquathon and Costume Contest Sunday from 4 to 7 p.m. The event will consist of a 1,500-meter swim and 6-mile run and an 800-meter swim and 3-mile run.

After each swim, runners can switch into their costumes for a

spooky fun run around the course. Awards will go to the top male and female finishers, first through third place for each event and prizes will be awarded for best costume. A \$10 registration fee is due today.

For more information, stop by the indoor fitness pool or call 228-0015.

Golf tournament

The 355th Medical Group Booster Club is hosting a base-wide four-person scramble golf tournament Nov. 4 to raise funds for the Underage Drinking Task Force. Registration begins at 11:30 a.m. and shotgun start is at 12:30 p.m. at the Blanchard Golf Course.

To register a team, contact Staff Sgt. Brian Spiekermann at 228-2736.

Turkey Trot 5K run

The D-M Fitness and Sports Center is hosting a Turkey Trot 5K fun run Nov. 18. The event is open to anyone wanting to run 3.2 miles. Registration starts at 6:45 a.m. at Sunglow Road.

There will be a drawing for free turkeys after the race. For more information, call 228-0022.

Intramurals

Flag football

The following are the scores from the intramural flag football games during the week of Oct. 17. For more information and the intramural flag football schedule, call the D-M Fitness and Sports Center at 228-0022.

Oct. 17

Team	Score
355th EMS vs. 355th CES	12-12
(Games rescheduled due to lightning.)	

Oct. 18

79th AMU vs. 755th AMXS	0-20
355th MDOS vs. 355th SVS	0-30
DECA vs. 355th MOS	7-6
355th LRS vs. ARMY	6-19

Oct. 19

43rd ECS vs. 755th OSS	0-8
355th SFS vs. 355 CS/AMARC	6-0
355th EMS 1 vs. 355th OSS	7-13
79th RQS vs. 355th AMXS2	(F)

Oct. 20

355th MOS vs. 355th SVS	42-7
DECA vs. 355th LRS	(F)
25th OWS vs. 755th AMXS	25-25
355th AMXS 1 vs. 355th MDOS (F)	

Intramural Bowling

The following are the rankings in the from the week of Oct. 24. For more information on intramural bowling, call the Bowling Center at 228-3461.

Team	W	L
LRS	48	16
AMARC #1	44	20
SVS #2	42	22
CMS	42	22
CES	42	22
MDG	42	22
755 OSS	38	26
SVS #1	36	28
COMM	36	28
AMXS #2	32	32
25 OWS #1	32	32
12AF/ACOMS	32	32
CPTS	30	34
563 MXS	28	38
AMARC #2	26	38
AMXS #1	22	42
25 OWS #2	12	52

High Score Game:	
SVS #1	1032
Rick Huntley	287
Mary Ann Johnson	196

High Series:	
SVS #1	2913
Breland Worthy	725
Donna Munsey	481

Chapel Information

Services and activities offered by the D-M chapel are listed below. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and ministries, call 228-5411.

Worship schedule

Catholic

- ◆ Saturday Mass is at 5 p.m. at Desert Dove.
- ◆ Sunday Mass is at 9:45 a.m. at Desert Dove.

Protestant

- ◆ Traditional service is Sunday at 8:30 a.m. at Hope Chapel.
- ◆ Desert Lightning Fellowship (contemporary) is Sunday at 11:15 a.m. at Desert Dove.
- ◆ Gospel Service is Sunday at 11:15 a.m. at Hope Chapel.
- ◆ Sunday School classes are held for all ages from 9:45 to 1:45 a.m. in both the Hope and Desert Dove chapels.
- ◆ Children's Church is held weekly starting at 11:30 a.m. for both the Gospel and Desert Lightning services.
- ◆ Catholic Religious Education classes are held Sunday mornings from 8:15 to 9:30 a.m. in the Desert Dove and Hope Chapels. Registration is on-going and classes are held every Sunday that is not a holiday weekend.
- ◆ Catholic youth group meets every Sunday at 6 p.m. in the Desert Dove conference room. All youth in grades nine through twelve are invited to attend.

Education Services

For more information on programs and services provided by the Base Training and Education Services, call Norma White at 228-4249, or Rafael Maldonado at 228-3484.

University of Arizona scholarship

The University of Arizona Hispanic Alumni Club is providing a scholarship for students attending the University of Arizona. Applicants must be enrolled full time at the University of Arizona and other eligibility requirements must be met. The deadline is Dec. 16. Applications are available in the Base Training and Education Services office, Building 3200, Room 262.

Pima Community College office

Come to the Pima College office to apply for admissions, take assessment tests, attend orientation, schedule advising and register for classes. Be prepared for the spring semester that begins in January. The schedule is on-line and registration will begin Nov. 14 for spring classes. College Level Examination Program testing is available Tuesday through Friday. For more information, call 206-4866 or stop by Building 3200.

Certification Program

The available funded pilot program currently offered through Defense Activity for Non-traditional Education Support, Microsoft Certification Exam, has 340 vouchers available for distribution to eligible active-duty personnel. For completed information, application and procedures

go to the DANTES Web site at <https://www.dantes-microsoft-test.com>.

U of A advisor

The University of Arizona Academic Advisor will be available Nov. 7, in Building 3200, Room 264 from 1:30 to 4 p.m. Walk-ins and appointments are available. Contact Judy Seger at 626-8201 or jseger@email.arizona.edu.

NAU Open house Thursday

Northern Arizona University, located in Tucson, will be holding an open house from 3 to 6 p.m. at the Pima Community Campus, 401 N. Bonita Ave, Room A150. (One block west of I-10.) Information on NAU's local distance learning degree programs will be available. For more information call 879-7900.

Pitsenbarger Award deadline Tues.

All Community College of the Air Force graduates of the October 2005 graduating class are eligible for the Pitsenbarger Award. This is a one-time award of \$500. Six graduates will be selected to receive the award. Applications are available in the Base Training and Education Services. The deadline is Tuesday.

Military Children Program scholarship

The Military Children Program is offering a \$1,500 scholarship for military children. For more information, visit the scholarship Web site at www.militaryscholar.org or contact the local commissary. Applications will be taken starting Tuesday. The deadline is Feb. 22.

The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

Family Support Center

For more information on programs and services provided by the Family Support Center, call 288-5690.

Smooth Move briefing Monday

The Family Support Center will be conducting a Smooth Move briefing from 8:00 to 11:00 a.m., at the FSC, Building 3210. This briefing helps individuals prepare for the next permanent change of station move. For reservations, call the FSC.

Resume/Interview Workshops

These workshops cover the basic information to help prepare for the next job. Resume workshop will be held Nov. 4 from 9 to 11 a.m. and Interview workshop will be held Nov 4 from noon to 2 p.m. Both are held at the Family Support Center. Call the FSC to sign up.

Heart Link Spouse Information Program

Military spouses are invited to attend a spouse information program which will include food, fun activities, games and giveaways Nov.

10 from 8 a.m. to 2:30 p.m. at the Desert Dove Chapel. Information from various organizations will be presented. Participants will meet the base leadership and other D-M spouses. For reservations, contact Family Support. Free lunch and childcare are available.

American Legion Pre-Thanksgiving Dinner

The American Legion is graciously providing a Pre-Thanksgiving Dinner for military members and their families on Nov. 22 at the American Legion, 330 W. Franklin. They will host two servings at 3 to 4:30 p.m. and 5:30 to 7 p.m. To reserve a seat, call the FSC.

Happenings

NCO Association meeting Tuesday

The Spanish Trail Chapter of the Noncommissioned Officers' Association will be holding a general membership meeting at 6:15 p.m. at the Wilmot public library. The meeting is open to all current and past members and anyone interested in learning more about the association. For more information, contact Herb Rogers at 571-1012.

Eagle Scout Recognition Dinner

The annual Eagle Scout Recognition Dinner will be held Nov. 15 at 6 p.m. in the Mirage Officers' Club. For more information, contact Carrie Streeter at 750-0385 or Chief Master Sgt. Robert Franklin at 228-4426.

Thrift Shop

The D-M Thrift Shop is located on Ironwood Street and is open Tuesday and Wednesday from 9 a.m. to 2 p.m., closing at 1 p.m. for consignments. The shop is open the first Saturday of each month with new hours from 10 a.m. to 1 p.m., closing at 12:30 p.m. for consignments. Call 229-2120 to reserve space for large items and furniture.

Movies

Today

Just Like Heaven (PG-13)

7 p.m.

Saturday

Cry Wolf (PG-13)

7 p.m.

Sunday

Roll Bounce (PG-13)

(All admission \$1.50)

Regular admission is \$3 for adults and \$1.50 for children 11 and younger. Call 228-5694 for the theater movie recording.

Clubs

For more information on programs and services at the Mirage Officers' Club, call 228-3301 or at the Desert Oasis Enlisted Club, call 228-3100.

German Ala Carte Dinner tonight

The Mirage Officers' Club will host an all-ranks German Ala Carte Dinner tonight from 5:30 to 7:30 p.m.

Enjoy a full German menu with three courses and a complimentary glass of wine for \$14.95 for adults (members receive a \$2 discount), \$6.95 for children ages 6 to 12 years and free for children ages 5 years and younger. Reservations are highly encouraged. Call the Mirage Officers' Club to reserve a table.

Auto Hobby Shop

For more information on programs and services at the Auto Hobby Shop, call 228-3614.

Car And Motorcycle Show Saturday

The D-M Auto Hobby Shop will host the 2nd annual Car and Motorcycle Show, at Bama Park. This year's event will be bigger than 2004's show with 21 classes of vehicles including cars, trucks and motorcycles. Trophies will be given for best in each class and best of show in three categories. Registration forms are available at the Auto Hobby Shop or can be downloaded at www.dmservicesonline.com. For more information, stop by the Auto Hobby Shop in Building 4531.

Information, Tickets & Tours

For more information on programs through Information, Tickets & Tours, call 228-3700.

Trips and tours

- ◆ Seven Falls Hike, Nov. 5, cost \$10, sign up by Wednesday.
- ◆ Las Vegas Trip, Nov. 11-13, cost \$140, sign up by Nov. 4.
- ◆ Beginner Rock Climbing Course, Nov. 12, cost \$115, sign up by Nov. 4.
- ◆ Dolly Steamboat Dinner Cruise, Nov. 19, adult \$75, child \$55, sign up by Nov. 19,
- u Scottsdale Fashion Sq Christmas Shopping, Dec. 3, cost \$15, sign up by Nov. 26.
- ◆ Bridal Wreath Hike, Dec. 10, cost \$10, sign up by Dec. 1.

All trips depart from the ITT parking lot, Building 4430. For more information or to sign up, stop by or call Outdoor Recreation at 228-3736 or Information Tickets & Tours.

Arts & Crafts Center

For more information on programs and services available through the Arts & Crafts Center, call 228-4385.

Framing classes

In just two classes participants will learn how to cut and join your frames, size and cut the

D-M girl receives AF Clubs scholarship

Family learns meaning of 'It pays to be a club member'

For the ninth consecutive year, Air Force club membership is helping members and their families combat the costs of higher education.

Sarah Schwarting, daughter of Marian and Chief Master Sgt. Ron Schwarting, formerly assigned to the 612th Air Intelligence Group, received a \$2,500 scholarship award for her essay about her personal hero, Pat Tillman.

Sarah's goal is to become an anthropologist specializing in European civilizations. She plans to use her award to help with her degree at the University of Arizona, where she started in August 2005.

Club members and their families were given the opportunity to submit an essay on "My Hero, and Why." Two to four essays were chosen by each participating base to compete for the six Air Force awards.

A total of 195 entries were submitted to headquarters for national consideration; competition was fierce.

Six individuals were recently selected to receive a combined total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program. Scholarships are provided through a sponsorship



Photo by Staff Sgt. Lanie McNeal

Sarah Schwarting, daughter of Marian and Chief Master Sgt. Ron Schwarting, formerly assigned to the 612th Air Intelligence Group, accepts a check for \$2,500 at the 355th Wing staff meeting presented by Col. Michael Spencer, 355th Wing commander. Ms. Schwarting was one of six individuals chosen to receive money from the Air Force Club Membership Scholarship Program.

agreement with CHASE Bank and Master Card.

"The quality of the essays was outstanding, the Air Force Club Membership Scholarship Program is another demonstration that club membership pays", said Frank Black, Jr., Air Force Services Agency's Chief of Clubs Division.

mats and glass and assemble a finished piece. Cost is \$20 and covers all supplies. The next classes are Monday and Nov. 10 from 5 to 6:30 p.m.

Scrapbooking classes

Come and learn scrapbooking in a wonderful scrapbooking class.

The October class Saturday's class theme will be Halloween layouts and cards. Cost is \$10 for new students and returning students receive a \$2.00 discount. The fee covers for the cost for all supplies. Call the Arts & Crafts Center today to register.

The November class will be making a scrapbook in a box. See how to make a box that opens out to be a scrapbook when the lid is removed. Cost is \$10 for new students and returning students receive a \$2 discount. For more information, call the Arts & Crafts Center.

The class will be held Nov. 12 from 1 to 3 p.m. Pre-register for this class as it is subject to cancellation for lack of participation.

Introduction to Precious Metals

In this two-part class, participants will learn how to use fine silver precious metal clay to make/mold silver charms. All supplies will be provided including the precious metal clay as well as firing and all tools needed to complete this item. Cost is \$65 for both sessions. The class

will be held Nov. 10 and 17 from 5 to 7 p.m. For more information call the Arts & Crafts Center. Pre-register for this class as it is subject to cancellation for lack of participation.

Outdoor Recreation

For more information on programs and services through Outdoor Recreation, call 228-3736.

Beginner Rock Climbing Course

This course, at the Arizona Climbing and Adventure School, Nov. 12 is for people who have never climbed before or have limited experience. Learn the basics of climbing: balance, weight-distribution, energy-conservation, choreographing and individual moves. Participants will also learn detailed explanations on equipment and its proper use and care, knots, safety protocols, hands-on belaying, communication signals and terminology. The day will end on top-rope protected climbs of up to 150 feet on high-angled rock faces.

All climbing equipment and bottled water is included. Participants must be 18 years of age or older. The van departs from Outdoor Recreation at 7 a.m. and will return to base at 9:00 p.m. Register at Outdoor Recreation by Tuesday. The cost is \$115.



